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METRO SPENDS A DAY WITH DR. MEHMET OZ. PAGES 28-29

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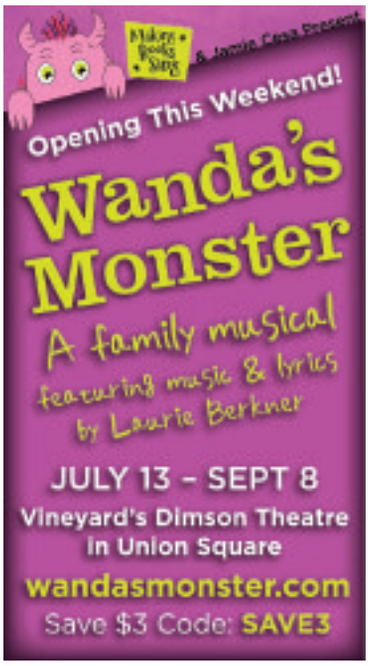
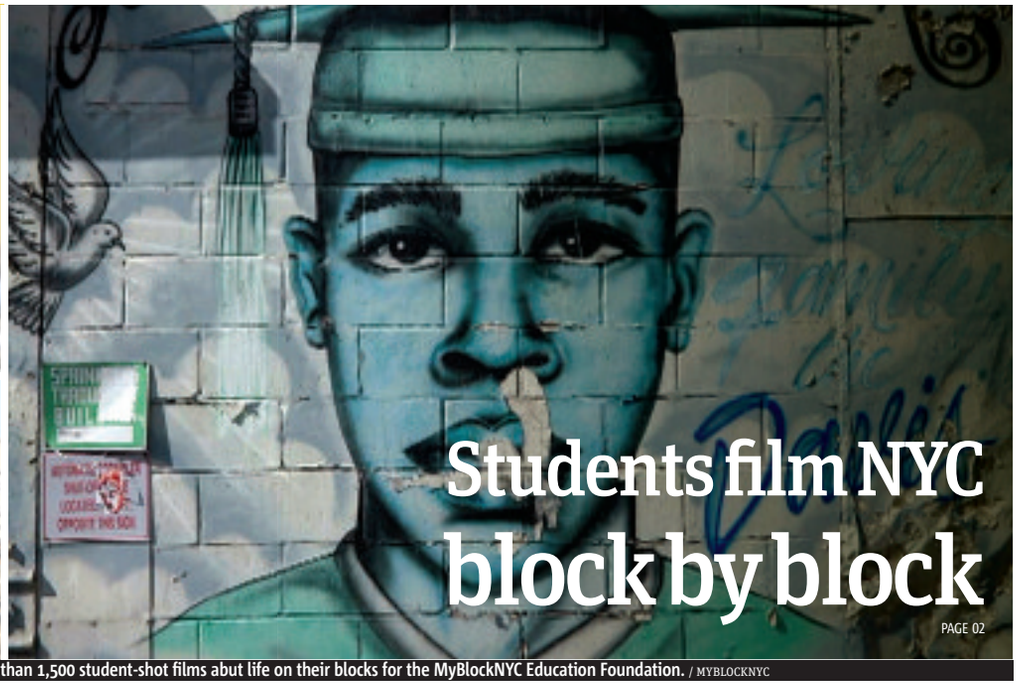


Gassed! City runs drill

Underground test. The NYPD and Brookhaven National Laboratory released harmless gases into the subway as part of an air study. **Preparing for the worst.** The purpose of yesterday's test is to better understand how to respond in case of a chemical attack. **More on the horizon.** The urban airflow test will take place over two more random days throughout the five boroughs. PAGE 04



Students film NYC block by block

PAGE 02

Video stills from some of the more than 1,500 student-shot films abut life on their blocks for the MyBlockNYC Education Foundation. / MYBLOCKNYC

Devils dominate Hall of Fame nods

PAGE 31

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1

NEWS

Top 3

Trending online at Metro.us

1 VIDEOS: 'Cute dogs to get you through the dog days of summer'

2 'Apple to give away free apps starting Wednesday'

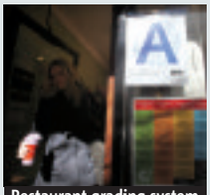
3 VIDEO: 'Amputee builds Lego leg'

Quoted

"A lot of pain. A lot of pain. You go through that pain, you change."

Eliot Spitzer, on coming back from scandal

Health



Restaurant grading system
GETTY IMAGES

Bill would cut big fines for restaurants

City restaurants may soon get a break from paying hefty fines for health violations. City Council Speaker Christine Quinn has proposed changes to the city's letter grading system for restaurants.

All eateries would still undergo inspections, but fines would be reduced under the legislative package unveiled by Quinn.

LAURA SHIN

Brooklyn

Man charged in shooting of four teens

A 20-year-old man has been charged in the Brooklyn shooting that left one teen dead and three others wounded on Saturday, police said.

Brandon Reese allegedly fired the shots outside the Marcy Houses in Bedford-Stuyvesant, police said.

Mario Lopez, 18, was shot and killed. Three others were injured. LAURA SHIN

A video still from student filmmaker Ivan Gamba's documentary about life in the Rockaways after Superstorm Sandy. / MYBLOCKNYC EDUCATION FOUNDATION

Young directors film lives on city streets

State of the block. More than 1,500 NYC kids shot films about their streets.

MyBlockNYC Education Foundation has made filmmakers out of 1,500 New York City kids — and this army of filmmakers has, in turn, produced films that give insight into the lives and the struggles of the next generation of New Yorkers. Some of the films will premiere tonight at an event hosted by the city's media and entertainment commissioner, Katherine Oliver.

Sony video cameras were distributed in 28 public schools across all five boroughs earlier in the year, and the students were tasked with showing what life is like on the streets where they live.

Some of the films are light-hearted or illustrate an iconic aspect of the city, while others illustrate the struggles young New Yorkers face.

Ivan Gamba chronicles the hardship and hope in his Rockaway Beach neighborhood as the community works to rebuild and recover from Superstorm Sandy.

One compelling video, "A Tragedy in the Murphy Houses," made by 17-year-old Jamal Manning, is a response to the murder of his 80-year-old neighbor.

Manning's film is one example of what these videos accomplish: They are snapshots that afford New Yorkers a sense of the disparate realities across the five boroughs.

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

City snapshots

The goal of the program was to get students to film life on their streets.

- Students from 28 schools participated.
- Eleven of the student films will premiere tonight.
- The documentarians will have the chance to network with professional filmmakers.

After Sandy. Solar cell charging stations to hit some city beaches

New York beach-goers can now rely on a full cell phone battery, thanks to solar chargers unveiled yesterday at some of the city's most popular beaches.

Through AT&T Street Charge, solar cell phone charging stations are open at eight new locations in the city, including some neighborhoods hardest hit by Superstorm Sandy, like Coney Island and Rockaway.

The chargers will be especially useful in the event of a blackout similar to the one that left many city neighborhoods without power for days and weeks.

ANNA SANDERS

A cell charging station
GETTY IMAGES

Crime. Bonanno mob family 'capo' and his 'soldiers' are indicted

Several members of the Bonanno mobster family, including 'captain' Nicholas Santora, were arrested and indicted on charges following a two-year investigation carried out by the NYPD and the District Attorney's Office's Rackets Bureau, Manhattan DA Cy Vance announced.

Two members were also charged with using their positions in a union to garner clients for their illegal dealings.

The indictment includes 299 criminal acts under the charge of enterprise corruption, including extortion, loan-sharking, gambling, drug-dealing and selling guns.

DANIELLE TCHOLAKIAN

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NYPD releasing harmless gases in subway study

Preparing for the worst. The study will help authorities plan for a potential catastrophic attack.

The NYPD released harmless gases into the subway system yesterday morning in the first of three days of its study into the potential risks posed by airborne contaminants.

During the study, which is being conducted by the NYPD and Brookhaven National Laboratory, officials dispersed low concentrations of harmless gases called perfluorocarbons at select subway and street-level locations.

The remaining two days of the study will be announced 24 hours in advance, police said.

The study is the largest urban airflow study ever conducted and is designed to help the police department better understand the risks posed by contaminants such as chemical, biological and radiological weapons as they are dispersed into the air.

"The NYPD works for the best but plans for the worst when it comes to potentially catastrophic attacks such as ones employing radiological contaminants or weaponized anthrax," said Police Commissioner Ray Kelly in April.

The study includes 21 subway lines and dozens of stations in all five boroughs.

LAURA SHIN
letters@metro.us

Plan of action

The study is a joint project between the NYPD and Brookhaven National Laboratory.

- The purpose is to see how gas would be distributed through the subway system in case of a chemical attack.
- It will take place over two more days yet to be determined.

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Mosquitoes

West Nile discovered in Queens and Staten Island

The New York City Health Department has spotted West Nile virus in two boroughs' mosquitoes.

The mosquitoes were found in the Pomonok neighborhood in Queens and the Huguenot Beach neighborhood on Staten Island.

No cases of the virus have been detected in humans.

The city has increased its efforts to kill mosquitoes by setting traps and applying larvicide treatments to areas that have standing water.

New Yorkers are urged to wear mosquito repellent when they go out and cover their limbs at dawn and dusk to protect themselves from bites.

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Election. Lever voting machines approved for the mayoral race

With some misgivings, Gov. Andrew Cuomo approved a bill allowing the city to use lever voting machines in the mayoral election this year.

While the legislation aims to ease the Board of Elections' burden in finalizing results from the Sept. 10 primary in time for a possible runoff election, Cuomo was skeptical in his approval that they would help much.

"I strongly believe the use of lever voting machines is a poor solution to the Board's concerns," Cuomo wrote in the approval.

He noted some of the "impediments the Board has cited have less burdensome solutions," including changing count requirements and high-speed scanner machines.

"Nevertheless, circumstances require that I sign this bill into law," Cuomo said.

Several good government and civil rights groups oppose the return of the levers, saying that they don't allow voters to verify their choices on paper after casting a vote. The levers may only be used in the primary and runoff elections for this year. **ANNA SANDERS**

Levers come back

"Preventing the use of lever voting machines through a veto could profoundly impact the integrity of this year's election."
Cuomo

NYPA activates power reduction due to heat

Residents play in the spray from a fire hydrant in New York City. / GETTY IMAGES

Keeping cool. The program relieves the pressure on the power grid as electricity use soars during hot days.

The state-owned New York Power Authority activated its program to reduce electricity use in New York City for the first time this summer as consumers crank up their air conditioners to escape the hot, humid weather.

"The electric system experiences its greatest challenges during the hottest summer days when demand for air-conditioning skyrockets and the margins between available generating capacity and electricity use narrow the most," said Gil Quiniones, NYPA president and CEO.

Program participants agreed to reduce power usage by almost 14 megawatts. One megawatt can power up to 1,000 homes. Participants include the Metropolitan Transportation Authority and the City University of New York.

"NYPA's program helps stabilize the power grid by encouraging our customers to cut back on nonessential energy use during brief periods," Quiniones said. **REUTERS**

Cutting back

"NYPA's program helps stabilize the power grid by encouraging our customers to cut back on nonessential energy use during brief periods."
Quiniones

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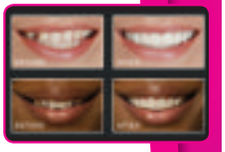

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Quinn secures more council endorsements

Backing the chief. Four more council members come out backing Christine Quinn for mayor.

Christine Quinn / GETTY IMAGES

Leading Democratic candidate and City Council Speaker Christine Quinn took to the steps of City Hall yesterday to accept endorsements from four more of her council colleagues.

Councilmen Stephen Levin, Michael Nelson, Mark Weprin and James Gennaro cited her leadership and ability to represent the citizens of New York City as reasons for why she was getting their endorsements.

"I can tell you we face major challenges in the city," said Levin, a Brooklyn Democrat. "Every year, I have been absolutely confident that our speaker, Christine Quinn, will stand up for everyday new Yorkers and the needs of everyday New Yorkers."

In his endorsement, Queens Democrat Weprin noted that Quinn is a "real New Yorker" and has the ability to connect with every city resident, including even with his 5-year-old daughter.

"Christine Quinn was able to engage my daughter, and her ability to connect with this 5-year-old just goes to show the fact that children know B.S. when they see it, and she realized this is really someone who is reaching out and being sincere," Weprin said.

Ten other council members have already endorsed Quinn for mayor, helping her secure support from 28 percent of the City Council so far.

Quinn has been running neck and neck with Anthony Weiner for mayor in the most recent polls released.

BREANNA BISHOP
letters@metro.us

Cost of living

Newsstands can sell $10 merchandise

Newsstands can now sell items up to $10, giving New Yorkers easy access to more expensive merchandise like umbrellas and batteries.

The maximum price a newsstand could charge for a single item was doubled from $5 after Mayor Michael Bloomberg signed a bill approving the increase yesterday morning.

Bloomberg thanked the Department of Consumer Affairs' staff and his own Office of City Legislative Affairs.

When City Council voted, Speaker Christine Quinn noted the increase ensures items needed on-the-go, like cell phone chargers and earphones, are easily available. **ANNA SANDERS**

At minus5, the drinks are served up ice cold

Julio Roman serves up a drink at the new minus5 bar at the New York Hilton Midtown hotel. The bar is constructed out of 90 tons of ice and is kept at a temperature of -5 degrees. Guests are given parkas, gloves and hats. / METRO, GETTY IMAGES

Canada. Quest for answers begins in deadly rail explosion

Investigators seeking the cause of the deadly train crash in the tiny Quebec town of Lac-Megantic were focusing yesterday on the train's brakes, the railway company's own regulations and whether Canada needs tougher train-transport standards.

Transportation Safety Board of Canada officials said more than a dozen investigators were examining every angle of the accident, in which a runaway train hauling 72 cars of crude oil derailed in the lakeside town and exploded. **REUTERS**

Dead or missing

50

About 50 people are either confirmed dead or are still missing, likely turning the accident into North America's worst rail disaster since 1989.

Crews dig through the rubble in the town center of Lac-Megantic in search of clues to the disaster. / GETTY IMAGES

Pilots union says crash probe revealed too much, too fast

Criticism. NTSB gave a detailed account of the flight's final minutes in a regular daily crash update.

An Asiana Airlines flight en route to South Korea taxis by the wreckage of Asiana Airlines Flight 214 as it sits on runway 28L at San Francisco International Airport. / GETTY IMAGES

The world's largest pilot union rebuked the federal agency handling the investigation of Saturday's passenger jet crash in San Francisco, saying it had released too much information too quickly, which could lead to erroneous conclusions and compromise safety.

Releasing data from the flight's black boxes without full investigative information for context "encourages wild speculation" about the cause of the crash, the Air Line Pilots Association International said in a statement on Monday.

The NTSB is the lead investigator of Asiana Airlines Flight 214, a Boeing 777 that broke apart and burned after crash-landing short of the runway. Two teenage Chinese passengers were killed, and more than 180 others were injured in the first fatal accident involving a 777 since the plane was introduced in 1995.

Answering ALPA's criticism, NTSB spokeswoman Kelly Nantel said the agency routinely provided factual updates during investigations.

NTSB Chairwoman Deborah Hersman told reporters on Monday that the plane was significantly below its target landing speed for more than half a minute before impact. That information expanded on data Hersman released Sunday that indicated the plane was below speed during the final seven seconds.

Hersman said the plane was traveling at 134 knots, or nautical miles per hour, 34 seconds before impact, well below the target landing speed of 137 knots. The plane continued to slow down, and when it hit the ground the speed was 106 knots, she said. **REUTERS**

Quoted

"For the public to have confidence in the investigative process, transparency and accuracy are critical." Nantel

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Senate. Top Democrat threatens move to put an end to filibusters

Senate Majority Leader Harry Reid, frustrated by a dysfunctional and unpopular Congress that has been unable to perform basic tasks such as agreeing on a federal budget, may soon seek an unprecedented rules change in the Senate.

The Nevada Democrat's aim would be to strip Republicans of their ability to stop President Barack Obama's judicial and executive branch nominees with procedural roadblocks known as filibusters, which also have been used to halt much of the president's legislative agenda.

Republicans charge that such a move would effectively turn the 100-member Senate into the House of Representatives, where the rules already allow the chamber's majority to virtually ignore the minority. REUTERS

WikiLeaks

Snowden has not yet accepted Venezuelan asylum offer

Edward Snowden has not yet formally accepted asylum in Venezuela, WikiLeaks said yesterday after a Russian lawmaker posted a statement to that effect on Twitter and then deleted it.

WikiLeaks, on its own Twitter feed, said that states involved in deciding an asylum destination for Snowden "will make the announcement if and when the appropriate time comes." REUTERS

US considers pulling all troops from Afghanistan

U.S. Army soldiers walk to their C-17 cargo plane for departure May 11, 2013, at Bagram Air Field, Afghanistan. / GETTY IMAGES

Troops. Afghan officials were skeptical that the U.S. would consider a complete withdrawal.

The United States is considering pulling out all its troops from Afghanistan next year, U.S. officials said, amid tension between President Barack Obama's administration and Afghan President Hamid Karzai's government.

Obama is committed to wrapping up U.S. military involvement in Afghanistan by the end of 2014, but the United States has been talking with officials in Afghanistan about keeping a small residual force there of perhaps 8,000 troops.

U.S. officials did not deny a report that Obama has become frustrated by his dealings with Karzai. Their relationship fell to new depths after last month's U.S. move to open peace talks with the Taliban, which led Karzai to suspend talks on a security pact between the two allies.

A June 27 video conference between Obama and Karzai aimed at lowering tensions ended poorly, the New York Times reported, citing U.S. and Afghan officials with knowledge of the conversation. REUTERS

Troops

63K

The number of U.S. troops in Afghanistan — now around 63,000 — already is set to decline to 34,000 by February, the Times stated.

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Event Calendar

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SUN **1pm-5pm:** Hourly Statue of Liberty scenic harbor tours

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Call. Debt collector hit with record penalty for abusive calling

A debt collection agency that federal regulators accused of harassing and abusing people who owe money has agreed to pay a $3.2 million civil penalty and stop practices such as calling debtors multiple times a day, the U.S. Federal Trade Commission said yesterday.

The financial penalty levied on the company, Expert Global Solutions, which is the world's largest debt collection agency, is the largest ever obtained by the FTC against a third-party debt collector.

Expert Global Solutions, on its website, says it is a holding company for a leading accounts receivable management company.

"The companies called many times a day, and for weeks on end," Colleen Tressler, a consumer education specialist with the FTC, wrote in a blog post. REUTERS

The penalty levied on Expert Global Solutions, which is the world's largest debt collection agency, is the largest ever obtained by the FTC against a third-party debt collector. / GETTY IMAGES

'Hello! Is it you inside my head?'

Barcelona-based art collective Hungry Castle have found a novel way to pay tribute to classic soul singer Lionel Richie, building a 16-foot inflatable sculpture of his head that plays his hit song "Hello." The crew raised more than $15,000 to fund the project through Kickstarter, and "Lionel" will be touring festivals in the UK this summer and giving fans the opportunity to sleep inside. We talked to art director Killian Cooper.

With this massive head, are you saying that Lionel Richie is arrogant?
We're not criticizing him. The main inspiration was the end of the "Hello" music video, which is a little disturbing when he is technically stalking a blind girl, who sculpts a bust of his head.

A 16-foot inflatable sculpture of Lionel Richie's head that plays his hit song "Hello." / HUNGRY CASTLE

Head funds

$15K

The crew raised more than $15,000 to fund the project through Kickstarter.

What impact will it have on people? Do you expect romance inside the head?
There are two Australian guys traveling from Melbourne who bid [$1,485] to spend a night in the head. It will be full-on luxury in there, decked out with champagne, so I expect romance. Maybe they will bring girls in, or just get to know each other better.

Festival-goers can be rough. Are you worried about vandalism?
Yes, there will always be people who want to attack that kind of thing, like mascots who wear bear outfits. We will have overnight security but I don't know if they would take a bullet for the head.

You're touring a lot of busy events. How about Tahrir Square?
Not sure about Egypt, but I like the idea of travelling in different countries with it and it saying hello to people.

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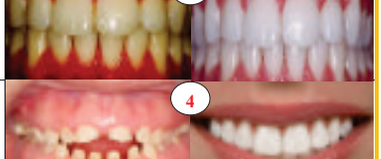

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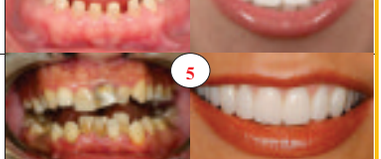

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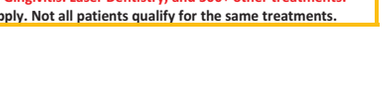

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Some tanners return to the booth after cancer

Tanning beds. Indoor tanning is known to increase a person's risk for skin cancer.

One in seven people goes back to a tanning bed after being diagnosed with skin cancer, according to a new research letter.

"The situation may be analogous to that of lung cancer patients who continue to smoke after diagnosis," said lead author Brenda Cartmel, a cancer prevention researcher at the Yale School of Public Health.

"Just as tobacco is known to be addictive, our research suggests that some patients may become dependent on tanning, with new intervention approaches needed to change these behaviors," she told Reuters Health.

The new study included people who had been diagnosed with basal cell carcinoma — a slow-growing skin cancer which can be removed but increases the risk for subsequent skin cancers — before age 40.

Basal cell carcinoma is the most common type of cancer in the U.S., and occurs most often among men over the age of 50.

But other studies have found an increased number of those cancers among young women in the last 30 years, which inspired the current investigation, Cartmel said.

REUTERS

Radiation

15

The beds emit up to 15 times the ultraviolet A (UVA) radiation of the sun. That type of radiation damages deep layers of skin.

More than half of the still-tanners reported symptoms of dependence, such as feeling guilty about tanning or needing to tan first thing in the morning. / GETTY IMAGES

Fight over name

Apple, Amazon end 'app store' lawsuit

Apple Inc. and Amazon.com have ended their lawsuit over who has the right to use the "app store" name, clearing the way for both companies to use it.

U.S. District Judge Phyllis Hamilton in Oakland, Calif., ordered that the case be dismissed at the companies' request.

This came after Apple issued to Amazon a covenant not to sue over the online retailer's use of the term, eliminating the need for Amazon to pursue a counterclaim seeking permission.

REUTERS

Health. Mobile apps aim to help people get fit and stay that way

There's no shortage of health and fitness apps monitoring everything from sleep to calories.

Free apps such as MyFitnessPal track diet and weight, and can connect with apps like RunKeeper, which monitors fitness, to adjust calorie intake based on the speed and duration of a run.

Sleep 101, for the iPhone, and Sleep Bot, for Android devices, monitor sleep patterns and quality.

Now there's Argus, a free app for iPhones released last week. It takes detailed snapshots of sleep, diet, activity, and vital signs such as heart rate. It also shows how each factor relates to the others.

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Aid. Egypt wins Arab billions, names an acting prime minister

Gulf states showered Cairo with $8 billion in aid yesterday, showing their support for the Egyptian army's move to push the Muslim Brotherhood from power, a day after troops killed dozens of the movement's supporters.

Military-backed interim head of state Adly Mansour named a liberal economist as acting prime minister and announced a faster-than-expected timetable for elections in six months.

Mansour's army backers are under pressure to plot a path back to democracy less than a week after they overthrew Egypt's first freely elected president, the Brotherhood's Mohammed Morsi.

The country is now more divided than ever in its modern history after 55 people were killed when troops opened fire on Brotherhood supporters in the capital. The movement says the victims were praying in peace; the government blames the Islamists for provoking the violence by attacking the soldiers.

Mansour, a judge installed as acting president when the military removed Morsi, named Hazem el-Beblawi as interim prime minister. He served briefly as finance minister in 2011. **REUTERS**

Aid

$1B

The United Arab Emirates offered a grant of $1 billion and a loan of $2 billion.

More aid

$3B

Saudi Arabia offered $3 billion in cash and loans, as well as $2 billion worth of much-needed fuel.

Ohio women freed from abduction release video

An FBI missing person sign decorated by well-wishers stands in front of the family home of Gina DeJesus, one of the women who was held captive for a decade. / GETTY IMAGES

Captive. The video provided the first sustained glimpse of all three women since their release.

Three women who spent a decade imprisoned in a Cleveland home spoke publicly for the first time since they were freed, with the longest-held captive saying in a video released on Tuesday, "I will not let the situation define who I am."

The Ohio women — Amanda Berry, 27; Gina DeJesus, 23; and Michelle Knight, 32 — thanked those who gave them emotional and financial support since they emerged May 6 from the dungeon-like house of former school bus driver Ariel Castro. Also rescued was Berry's 6-year-old daughter, born in captivity during the decade of brutality and sexual assault.

Knight said on the video that she was "looking forward to my brand-new life" and thanked supporters for helping her begin her recovery.

"I may have been through hell and back, but I'm strong enough to walk through hell with a smile on my face and with my head held high, and my feet firmly on the ground," said Knight, whom Castro is accused of beating to induce miscarriages.

Her chestnut hair trimmed in a stylish pixie cut, Knight wore purple glasses and a silver cross necklace. **REUTERS**

Quoted

"Everyone respect our privacy and give us time to have a normal life." Berry

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Talking points

Statham to get engaged to hot girlfriend

Jason Statham, The Word's second-favorite bald man next to Bruce Willis, is going to make it official with girlfriend Rosie Huntington-Whiteley, according to Us Weekly.

"I hear he'll propose soon," a source tells the magazine. The two have been dating for more than three years. "Their connection is very serious and physical." And Huntington-Whiteley herself clearly isn't bothered by their 19-year age difference. "I'm not interested in hanging out with boys," she recently said in an interview with Edit. "I have all the man I need."

George Clooney is on the market

My favorite piece of blond George Clooney arm candy, Stacy Keibler, is no longer his fancy plus one.

The two reportedly parted ways and have been trying to keep the split under wraps for as long as possible, according to Radar Online.

Don't worry, Stacy. We're sure there is a reality TV diving show in your future.

Nick Lachey sings for his dinner

Nick Lachey turned up the heat during a brief tour stop in New York on Monday to help launch Wendy's new Pretzel Bacon Cheeseburger with fans' love-filled tweets for its #PretzelLoveSongs campaign.

The '90s heartthrob, back on tour with a reunited 98 Degrees, gave an intimate performance at a Midtown Wendy's, singing songs based on some tweets about the burger chain's latest creation. Yes, you read that correctly.

"It's not the easiest thing to write a song out of tweets," Lachey said about Monday night's performance. He created a song especially for the event, serenading the crowd with lines like "Pretzel buns I am a fan... hashtag."

(The Word really wants to know what his paycheck was for this. Let's hope it wasn't just in Pretzel Bacon Cheeseburgers, even though the singer admitted that he's "a huge pretzel guy.")

Lachey was right back on the road after the event to prepare for the West Coast leg of the tour, where 98 Degrees performs alongside New Kids on the Block and Boyz II Men in a teen idol reunion tour collectively called "The Package."

Now 39, life on the road comes with different responsibilities for Lachey and his wife Vanessa, who are bringing their newborn son, Camden, along for the ride.

"It's cool to come offstage and know your family is there and your son is sleeping in a crib on the bus," he said. — With reporting by Chris Longo

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Ali Landry on her post-baby body

Former Doritos girl (and the former Mrs. Mario Lopez for a hot minute) Ali Landry is opening up about motherhood and body image in the new edition of The Bump. Basically, don't expect to see her in a bathing suit anytime soon after popping out a kiddo like those other stars who seem like they have something to prove.

"It's frustrating for me when I see moms in Hollywood on a magazine three months after having a baby in a swimsuit. It's really just not realistic for most moms, it just isn't. For me, personally, it takes nine months to put on that weight and it really takes nine months to take it off," says the mother of a son and daughter (with another one on the way!)

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ewan McGregor is feeling French and Mindy Kaling feels women are being shortchanged.

@mcgregor_ewan: Bonjour tout le monde.

@mindykaling: I have found, in my travels, that men's razors, men's deodorant, and men's watches are better than women's.

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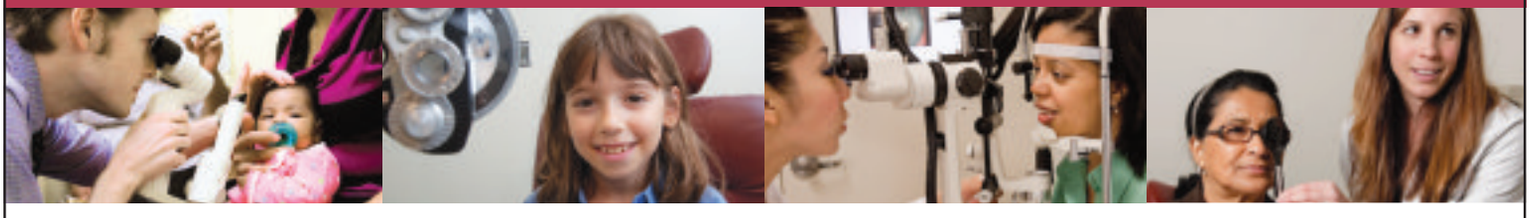

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Feeling blue? Not these pants

White hot

1 Kelly Brook was spotted heading out on June 26 in London.

Flower power

2 Jessica Szohr donned these floral-printed pants at the premiere of "Star Trek Into Darkness" on May 14 in Hollywood.

Neon love

3 Naomi Campbell's mother **Valerie** took a break in Dusseldorf, Germany, on May 23.

Pretty in pink

4 Kristen Wiig posed in pink jeans at BBC Radio studios on June 20 in London.

Fashion forward

5 Esther Niko Seibt stunned in a pair of Laurel jeans at the Mercedes-Benz Fashion Week Spring and Summer 2014 on July 4 in Berlin.

Star shine

6 Dani Minogue rocked shiny pants in New York on June 20.

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‘Totally Biased’ and totally unrepentant

Stand up. W. Kamau Bell is attracting viewers with his controversial take on the news.

W. Kamau Bell says what he thinks. / MATTHIAS CLAMER, FX

Funnyman W. Kamau Bell has his own point of view, but that doesn’t stop him from taking on the day’s controversial stories on his hit show “Totally Biased with W. Kamau Bell.”

Yet, timing will affect when he strikes.

“I wanted to talk about George Zimmerman ever since the show started, but the news cycle wasn’t on my side,” Bell says. “So I was waiting for the opportunity and then when I found it, I felt we leapt on it and really jumped on it with two feet.”

The opportunity came when jury selection began. Bell strongly suggested a panel consisting of Public Enemy’s Chuck D, an overweight version of Al Sharpton, the ghost of Malcolm X and “angry Bill Cosby.”

Bell, a San Francisco stand-up, was given his own TV show last year. “Totally Biased” is drawing praise for Bell’s sharp-witted and racially aware take on current events, with The New York Times calling him “the most promising new talent in political comedy in many years.”

Starting in September, the series moves from once a week on FX to four times a week on the new FXX channel. “The thing that we’ve run into ... is that we’ve had too much material for each episode, so we’ve had to make some hard cuts,” Bell says. “So with four days you get to be in that area where ‘The Daily Show’ and [‘The] Colbert [Report’] are in.”

Bell is touring with a live show this summer.

“I love standing in front of a screen yelling about events, but I also love yelling into a microphone without a screen,” he says.

CHRIS JORDAN
letters@metro.us

TV watch list

COMEDY

‘Camp’

This is a new comedy/drama series about a sleepaway camp, which we’re hoping will be as funny as “Wet Hot American Summer,” but will probably not be. Also, Tom Green stars in it as a counselor in training. Spoiler alert: It’s not THAT Tom Green.

SERIES PREMIERE, 10 P.M., NBC

This is not the Tom Green from “Freddy Got Fingered.”
NBC

DRAMA

‘The Bridge’

This new show, starring Diane Kruger as an autistic detective investigating the grisly work of a serial killer along the Mexican border, should give us our mid-week murder fix in between “Dexter” episodes. And, honestly, it looks like it could be a really good show.

SERIES PREMIERE, 10 P.M., FX

REALITY

‘The Challenge: Rivals II’

Our all-time favorite show about washed-up MTV reality stars who are no longer capable of holding down real-life jobs and thus must compete (and fight and have sex) on MTV for a nominal amount of money is back! This show is the ultimate guilty pleasure that keeps on giving.

SEASON PREMIERE, 10 P.M., MTV

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Maya Rudolph's secret weapon

Interview.
California girl Maya Rudolph talks about what came in handy for "The Way, Way Back."

Maya Rudolph co-stars in the Sundance fave "The Way, Way Back." / GETTY IMAGES

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently wouldn't stop working one particular moniker into conversation during interviews for "The Way, Way Back," their new comedy. "I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally to her. Most of the adult cast of "The Way, Way Back" — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves. "It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a 'Waiting for Guffman,' like a completely improvised movie — although that would be fun, too. It's just a natural … weapon. You bust it out. It's like nunchucks. I always carry nunchucks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming "The Way, Way Back," which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph jokes. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. [Faxon and Rash] wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it. I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out [in California]. It's like, 'Let's do this! It's time to get wet and burned and eat some stuff.' And then it's going to get cold again."

App appeal

Shaping young minds

"The Way, Way Back" is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James had an impressive handful of adult actors to help him come of age himself. At least Rudolph tried to keep it clean.

"We got into some stupid [iPhone] apps. That was my contribution to his youth — I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's enjoyable and it's G-rated."

Quoted

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out [in California]."
Rudolph

NED EHRBAR
ned.ehrbar@metro.lu

The summer movie you may forget

Sundance hit. The guys who wrote "The Descendants" try for a cliched coming-of-age saga.

Liam James plays a depressed teenager in "The Way, Way Back." / CLAIRE FOLGER

Review

'The Way, Way Back'

Directors. Jim Rash and Nat Faxon

Stars. Liam James, Sam Rockwell

Rating. PG-13

Jim Rash, who played the semi-ambiguously gay, cross-dressing Dean Pelton on "30 Rock," and Nat Faxon, who appears in the comedies of Broken Lizard, are both Oscar winners. That's because they wrote the somber, thoughtful script for "The Descendants."

Neither fact is what you might expect. That they wrote and made their joint directorial debut with "The Way, Way Back" makes more sense. The film's description reads like a parody: It's a "summer I'll never forget" indie with an overqualified cast that was picked up for gobs of money at Sundance. (It also features Toni Colette and Steve Carell, alumni of the ultimate Sundance crossover, "Little Miss Sunshine.")

The kid who'll never forget this summer is Duncan (Liam James), an awkward, permanently sullen 14-year-old stuck on a beach house trip with his divorcee mom (Colette) and her cruel boyfriend (Carell), who kicks off the movie telling Duncan he'd rate him a 3 on the 10-point scale. Such casual abuse is, thankfully, thin on the ground in the film's remainder, which finds Duncan inevitably gaining confidence. While the grown-ups day drink like teenagers, he finds himself frequenting then suddenly working at the local, rickety, retro '80s water park.

It's here that a boy so socially awkward it doesn't appear he's ever spoken to someone who's not his mom can find questionable friends, chief among them an aging, too-cool-for-school water park employee (Sam Rockwell). He also gets a love interest in the girl literally next door (AnnaSophia Robb). These are all cliches, right down to the killjoy third act tonal shift, when the hazy, lazy, good-times vibe turns serious and emo. But this isn't just a high-toned, high-buzzed twist on the '80s vacation likes of "Summer Rental." There's a few twists that make it tough to shrug off. Duncan may not speak or have any apparent personality, but he's not a secret sensitive type. He really doesn't appear to have any talents or an inner life. It's suggested that, in all likelihood, he'll wind up like the rest of the water park staff: people, like Rockwell's furtively remorseful antihero, who've stayed at this dumb job too long, letting even modest ambitions go unrealized and only periodically pining for something more. There's a very real, only somewhat delved-into melancholy to the film, an air of disappointment and self-hatred that's more serious than the "serious" developments in its final stretch.

MATT PRIGGE
matt.prigge@metro.us

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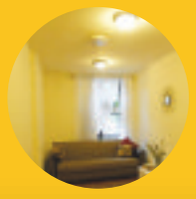
PLUS

Priciest

$36.5M

The most expensive property to hit the market this week is a $36.5M townhouse located at 17 E. 93rd St. in Carnegie Hill. Marketed by Corcoran, this 4-bedroom, 7-bath brownstone offers a walnut kitchen, elevator and a private garden, dining terrace and proximity to Central Park and Madison Avenue.



Cheapest

$99,999

The least expensive listing to enter the market this week is a $99,999 studio located at 18 E. 132nd St. in Central Harlem. Marketed by Willie Kathryn Suggs, this co-op features an updated kitchen, ample closet space and monthly maintenance fees of $208.

Streeteasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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PARKCHESTER'S ONE AND TWO BEDROOM RENTAL APARTMENTS NOW FEATURE ELEGANT NEW KITCHENS

Parkchester, the unique "village within the city", has long been known for the gracious and classic features of its spacious and affordable rental apartments. Now new tenants are being offered modern kitchens with sleek new European style cabinets in a choice of finishes. Each kitchen has a window as well as granite countertops, new GE appliances and an elegant new stainless steel sink and faucet. The apartments also feature gleaming hardwood parquet floors and windowed bathrooms.

Contemporary 1 and 2 BR Apts with new kitchens rent for as low as $1100 per month. 1 and 2 BR Apts with traditional kitchens are still available for as low as $1010 per month.

To make an appointment for an Open House prospective tenants may call **917-634-5295** or apply on-line at: **www.parkchesternyc.com**

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Changing the game

Real estate. Rising mortgage rates are speeding up New York City sales.

Rising mortgage interest rates are giving potential buyers a sense of urgency. / GETTY IMAGES/FUSE

Amid the still-frenzied seller's market, a curveball has been thrown into the mix: Mortgage interest rates are again on the rise. During the week of June 21, interest on a 30-year fixed-rate mortgage jumped to 4.46 percent, the highest since August 2011, and 15-year fixed-rate mortgages hit 3.55 percent, the highest since November 2011.

The sudden changes have infused the New York market with a sense of urgency.

"Last week, we got an accepted offer, rates went up and we rushed to have the contract signed before [they] increased further," says Wei Min Tan, a broker at Rutenberg Realty. "Abruptly rising rates brought urgency to buyers. While rates were low, there was less urgency because everyone assumed rates would stay low."

In December of last year, 30-year fixed rates were down to 3.32 percent and 15-year fixed rates were at 2.85 percent.

Then rates began to rise beginning in mid-May; at the same time, mortgage applications decreased, data from the Mortgage Bankers Association shows. The increase in rates was expected, says Debra Shultz, senior vice president of mortgage lending at Guaranteed Rate. In Manhattan, sources concurred that rising rates would even out what has been an "insane" seller's market during the past few months, Shultz says. In the second quarter of the year, Manhattan sales transactions jumped for the third quarter in a row while prices continued their steady rise. According to Douglas Elliman's Manhattan market report, 3,144 sales closed in the second quarter, up from 2,647 in last year.

Jonathan Miller, of Miller Samuel, who compiled the report, said that low mortgage rates played a role in the high volume of transactions, as did the "collapse" in inventory. Shultz says with rising rates, some buyers may back off or wait longer, since "higher rates mean higher mortgage payments."

But for now, brokers say buyers are rushing to close sales.

"Many people are moving to buy and sell homes before the market runs away from them," says Jason Auerbach, divisional manager at First Choice Loan Services."

HAYLEY KAPLAN

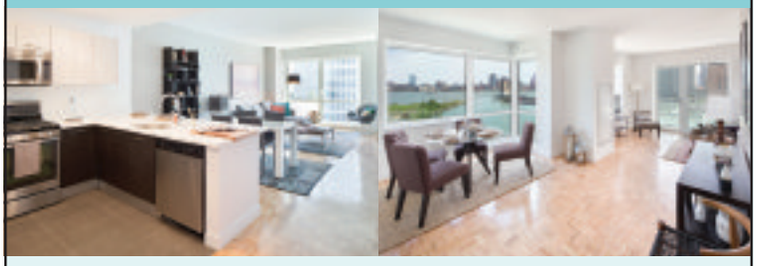
Quoted

"Many people are moving to buy and sell homes before the market runs away from them." **Jason Auerbach,** divisional manager at First Choice Loan Services

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

LAGUNA, THE NEWEST LUXURY RENTAL BUILDING IN NEWPORT



Jersey City is now leasing one- to three-bedroom homes overlooking the Hudson River and Manhattan skyline. Adjacent to the community's award-winning park and urban beach, Laguna features high-end finishes, spacious kitchens, oversized walk-in closets. Amenities include a rooftop lounge, screening room, children's playroom and fitness center.

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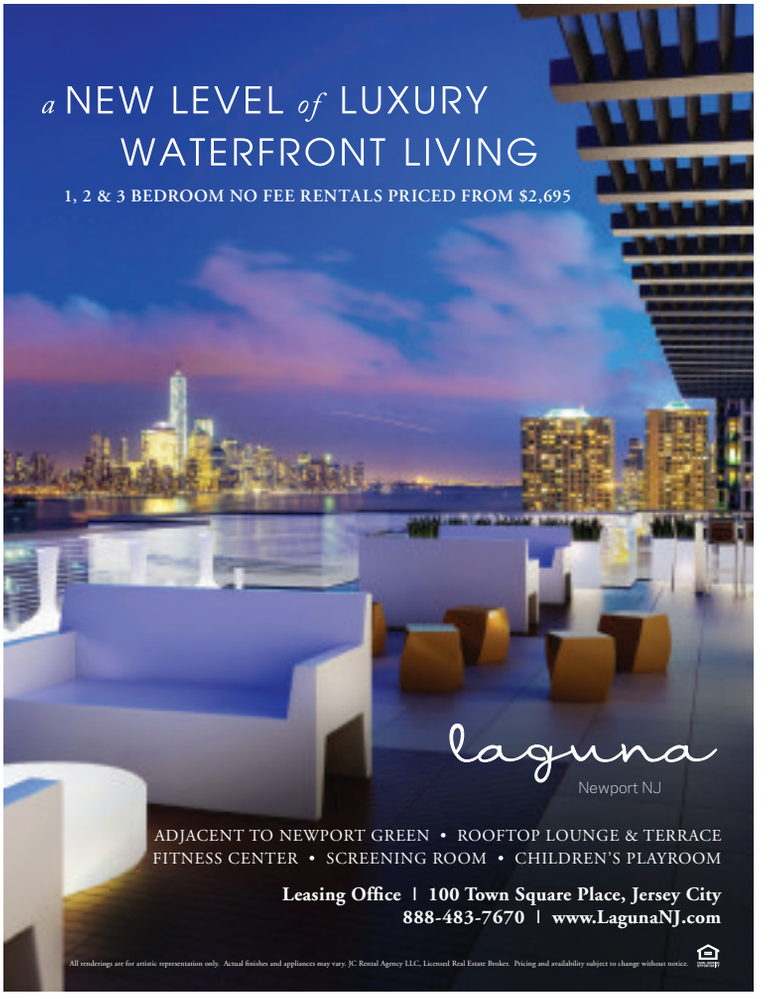
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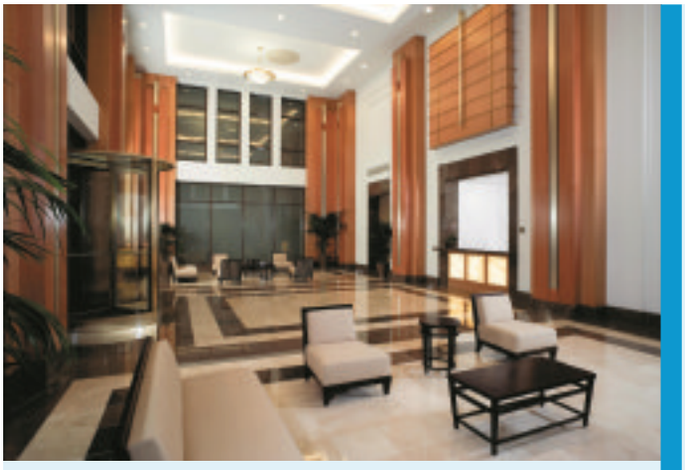

RENTERS RESPONDING TO INCREDIBLE VALUE AND LIFESTYLE AT THE BEACON IN JERSEY CITY

An impressive 40 new leases were taken at The Beacon in June, pushing the Jersey City community's latest rental building to 75% leased.

The private, gated community features 50,000 square feet of amenities including an indoor pool, Grotto lounge, yoga studio, 24/7 fitness center, lounge screening room, children's playroom, poker room and a billiards hall. Additional services include valet parking and courtesy shuttle transportation to the Grove St. and Exchange Place PATH/Ferry Stations.

The Beacon also offers plenty of open green space including a 2-acre park with children's playground, a dog run, and a nearly-completed parking garage that will feature a 45,000 square- foot landscaped rooftop park with spectacular views.

The Beacon's stylish rental residences are situated in historic restored buildings that boast modern finishes and appointments to create exceptional living spaces – many with panoramic views of the Manhattan skyline and Liberty State Park. Studio, one- and two- bedroom residences range from 592 to 1,310 square feet of living space at net-effective monthly rents starting from $1,740, with immediate occupancy available.

The ultra modern residences feature 14-foot lofted ceilings, oak plank flooring, and Gourmet Chef's Kitchens with granite countertops, GE® Energy Star® stainless steel appliances and garbage disposals. Each residence also offers central heating and air conditioning, individual washers and dryers, and smart card key access.

THE BEACON

For more information on The Beacon,
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visit The Beacon's website at thebeaconjc.com.
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New for your kitchen

Improve your time spent whipping up meals with these. **TINA CHADHA**

1 Mrs. Meyer's Clean Day: Radish

Radishes are taking over the farmers markets right now (we're especially smitten by the pretty pink watermelon variety.) But you don't have to love eating the slightly bitter veggie to bring it into your home. Mrs. Meyer's Clean Day recently released the scent, radish, to its line of eco-friendly cleaning products. The cheery red packaging will help ease the pain of the pile of dishes waiting for you. **$3.99-$7, www.mrsmeyers.com**

2 Trudeau Over-the-Sink Cutting Board

Perfect for us city dwellers with challenged kitchens, Trudeau's new cutting board sits over the sink to maximize work space and has a built-in bowl to hold one ingredient while we get to the next. But a heads up — it's a little rickety when used on a counter. **$26.99, www.shoptrudeau.com**

3 Dreamfarm Chopula

Australian brand Dreamfarm strives to solve problems in the kitchen. And while they haven't found someone to do the cleanup, their latest spatula will speed up your cooking time. The Chopula is flexible enough to slide under and flip your pancakes and eggs, yet rigid on one side so you can chop foods directly as they're cooking in the pan. Even better, the utensil is designed with a bend in the handle, allowing it to sit up on the countertop sans spoon rest. **$15.95, www.dreamfarm.com**

Commercial real estate

The Mercedes House will have a grocery store.
MERCEDES HOUSE

Mercedes House getting a grocery store

Residents of the 29-story luxury rental Mercedes House soon won't have to travel far for groceries.

MH Supermarket signed a 15-year lease with Two Trees Management, which owns the 900-unit building at 550 W. 54th St., Two Trees said in a press release.

When the 5,000-square-foot market opens in the building this fall, it will also offer delivery and catering services.

Non-residents will also be welcome to purchase goods there.

Asking rent was $60 per square foot, the New York Observer reported. Mercedes-Benz Manhattan, a dry cleaner and the New York Police Department stables are currently tenants there as well, the newspaper said.

As of last month, the first two phases of Mercedes House were fully leased.

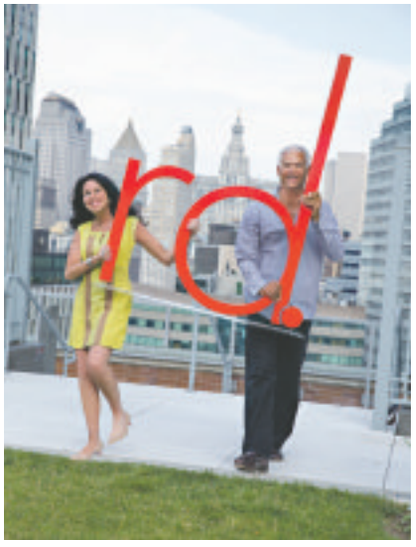
TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Ron Nelson and Debbi Melman

unveiled the new name and brand for their firm:

RODE Advertising. The name RODE reflects the new leadership and vision of the full service ad agency whose creativity is geared toward the real estate industry.

The new website is www.RODEnyc.com



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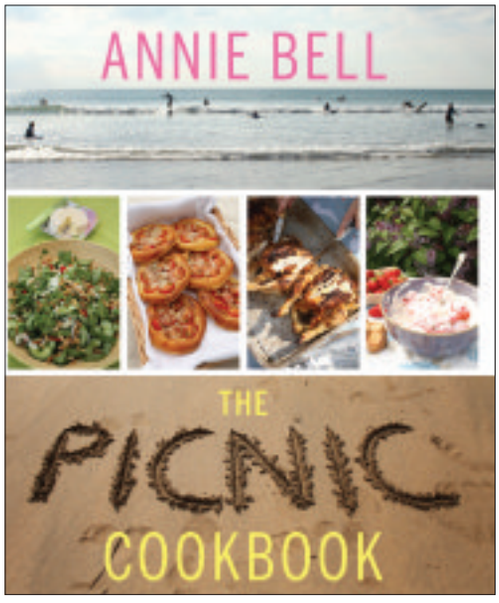
Try this

Sandwiches at Crumbs

If you don't have time to whip up a basket, grabbing some sandwiches and parking it on a grassy knoll before the sun sets is perfectly acceptable. And now you have a new option to choose from. Crumbs Bake Shop partnered with renowned chef David Burke to create a line of fresh gourmet sammies with exciting combinations such as beets, orange segments and goat cheese (for you veggies) and classics like chicken and roasted red peppers. And sure, while you're there, pick up a little something for dessert. www.crumbs.com.

Pack some pizzazz in your next picnic

Lifestyle. For your next outdoor dinner or lunch, prepare a simple meal that seems elegant.



Sometimes it seems all you can — or need — to muster for an outdoor picnic is wine, crackers and some great cheese. This summer, challenge yourself to create that event you've always imagined, starring crisp vegetables, prepared dishes and perhaps even a blanket you didn't pull out of the dusty back corner of your closet. In "The Picnic Cookbook," author Annie Bell provides more than 100 simple recipes, from dips and crudites to grilled shrimp and "All-American Cherry Pie." She gives us some tips to make our humble day in the park feel lavish.

Learn how to make this eggplant veggie roast at www.metro.us. / JONATHAN BELL

1 Prepare as much as you can beforehand, even freezing food if you must.

2 The night before, throw ice packs in the freezer, chill any drinks, make salad dressings and pack the picnic basket.

3 Think small and light — pack cooler bags instead of boxes, and bring condiments in smaller bags.

4 Chill drinks below the temperature you want to drink them before leaving.

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Effective July 10, 2013 requests for applications for the waiting list at Manhattan Plaza, a 1689 unit building located on West 43rd Street in Manhattan, will be accepted for studio and one bedroom apartments for those with limited income. There is a 70% preference for professional performing artists and support personnel, a 15% preference for Community Board #4 residents residing in substandard housing and a 15% preference for Community Board #4 residents who are 62 years of age or older.

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FRANCIS FORD COPPOLA WINERY SOFIA CHARDONNAY, $19, WWW.FRANCISCOPPOLAWINERY.COM
WEST ELM BRIGHT SHAPES MELAMINE PLATES, $2.99 EACH, WWW.WESTELM.COM
CRATE AND BARREL VENTANA PICNIC BASKET, $39.95, WWW.CRATEANDBARREL.COM

Recipe. Cucumber, chile and pumpkin seed salad

See more at www.metro.us

For six to eight people

- Two cucumbers, ends discarded, halved, seeded and sliced into half-moons
- About ⅛ inch thick sea salt
- ⅓ heaping cup pumpkin seeds or pine nuts
- 4 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 3 scallions, trimmed and finely sliced
- ½ medium-hot red chile, seeded and finely chopped
- A handful of coarsely chopped cilantro

Directions: In a large bowl, season the cucumber with sea salt and let stand for 30 minutes. Give the cucumber a good rinse in a strainer or a sink of cold water, then dry it in batches between double thicknesses of paper towels. At the same time, heat a skillet over medium heat and toast the pumpkin seeds or pine nuts until lightly colored, stirring continuously, then transfer them to a bowl and let cool. In a serving bowl or sealable container, combine the oil and lemon juice. Scatter the cucumber on top of the salad, then the scallion, chile, cilantro and seeds or nuts, and cover to transport. Toss the salad in the dressing just before serving.

Try a refreshing salad with a kick. / JONATHAN BELL

Don't forget to pack...

- Wine chiller sleeve
- Ice cubes in a food thermos
- Lightweight, fluffy blankets
- Small cutting boards
- Corkscrew
- Food bags and ties to take home leftovers
- Tablecloth and clips
- Trash bags for the end

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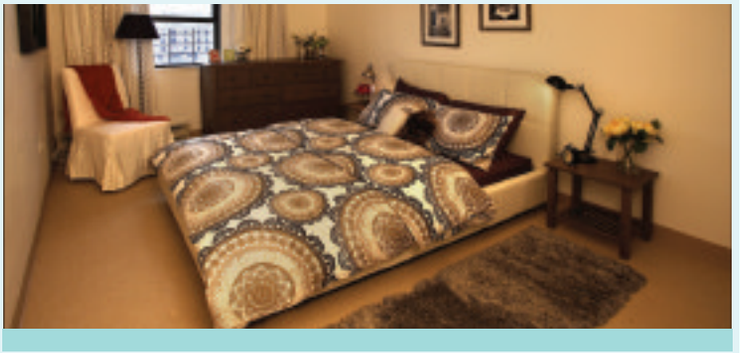

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5 BEDROOM	$1,459 – $1,763*	$58,360

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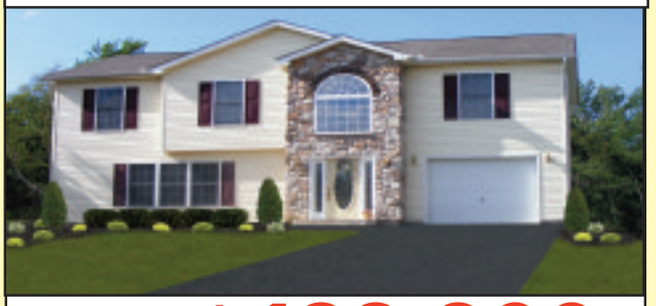

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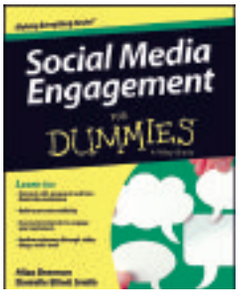
Aliza Sherman and Danielle Smith wrote "Social Media Engagement for Dummies." / SUZANNE SUTCLIFFE

Human connection

Social media.
Aliza Sherman and Danielle Smith talk about making online fraternizing easier.

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, met Smith, a longtime television reporter, at a blogging conference in 2010. This meeting produced the duo's first joint effort, a guide to balancing work and motherhood called "Mom: Incorporated." Sherman and Smith have reunited to mark the launch of their new book, "Social Media Engagement for Dummies." They've also embarked on a multi-city "Savvy. Social. ENGAGE!" tour, a campaign of "tweet ups," seminars and interactive events.



What advice do you give to people who want to develop their personal brand on social media?
Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories, and then we go into the individual platforms. Each of those individual platforms has access and community-building opportunities. We hope that we made it very accessible for people.

What are your favorite platforms to use?
Sherman: My favorite is Twitter. I love the speed and brevity of tweeting. As for my clients, the most effective platform so far has been Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them. Facebook wins because of the ultra connectivity. When somebody interacts with you and your brand through your page, it becomes reflected in their activity stream and it compels people to share. Suddenly the application of your message is huge.

CHRIS LONGO
letters@metro.us

Reach out

Tweet the authors

Aliza Sherman: @alizasherman
Danielle Smith: @DanielleSmithTV

LIKE APPLES AND... APPLES

Multiplatform games are all the rage. From an economic standpoint, it makes sense: Why buy the cow when you can, uh, spread the milk to different devices and increase your market share? The DIY spirit of the Apple Store, however, means their devices end up getting plenty of exclusive content. Here is some!

'Demon Chic'

System: iPad
Company: Beret Applications
Cost: $5

The coolest part of the Apple Store is seeing what off-the-radar developers can come up with when they aren't facing down a boardroom of concerned investors. "Demon Chic" may be the strangest game to ever grace the platform.

It's sort of a turn-based RPG, sort of a word game

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

and sort of a love letter to crudely drawn art, drugs and the slacker lifestyle. The game is messy, occasionally broken — yet still manages to be heaps of fun. The soundtrack is also fantastic, calling to mind the lo-fi "Adventure Time" productions.

'Scurvy Scallywags'

System: iPad/iPhone
Company: Beep Games
Cost: $2

Ever since "Bejeweled" started invading our retinas in 2001, match-3 puzzlers have been a staple of phones, tablets and PCs. In this, "Scurvy Scallywags" is no different. In every single other thing, it's in a league by itself.

This game was headed up by Ron Gilbert, the creator of the legendary point-and-click adventures "Maniac Mansion" and "Monkey Island." Here he takes that sense of humor and topsy-turviness to the puzzle genre. Kookiness seeps from every pore of this game, from the ridiculous characters to the jovial and haphazard soundtrack. You'd be hard pressed to find a better way to spend two bucks.

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Trend of the week: grown-up overalls

They probably haven't been among your wardrobe staples since your were a toddler, but it's time to give overalls a second chance. The style has evolved beyond baby cord and paint stains, and has grown into a much sleeker look. Overalls have become the canvas, with brands painting stripes or dipping florals into dye. Pair printed versions with pointed heels for an office-smart look. But if you're a casual kind of girl, you're in luck, as denim is as popular as ever. Here are some of our favorites. **KATHRYN GILBERT**

1

House of Hackney
Silk Velvet Dungarees, $552, www.asos.com

J Brand
5030 Slouchy Overalls, $449, www.jbrandjeans.com

2

3

Motel
Eddie Dungaree Jumpsuit in daisy print, $102, www.asos.com

Topshop
Jumpsuit, $110, www.topshop.com

4

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HOW TO DROP UP TO 20 POUNDS THIS SUMMER

In order to lose weight, you have to find ways to trim calories — and every little bit counts. That's why I came up with five super-simple tricks that can add up to a whopping 20-pound weight loss by the end of summer.

1 Lighten up your coffee
The trick: Swap cream for unsweetened vanilla almond milk and use just one packet of sugar.
The result: Do this every day and lose two pounds by the end of summer.

2 Slim down your sammy
The trick: Go topless — eat sandwiches and burgers without the top slice of bread and nix the cheese. Also, cut out the mayo and spread on mustard, hummus or hot sauce instead.
The result: Do this every day and drop six pounds by the end of summer.

Joy's Healthy Bite

JOY BAUER

WWW.JOYBAUER.COM

Health and wellness expert for the 'Today' show and New York Times best-selling author.

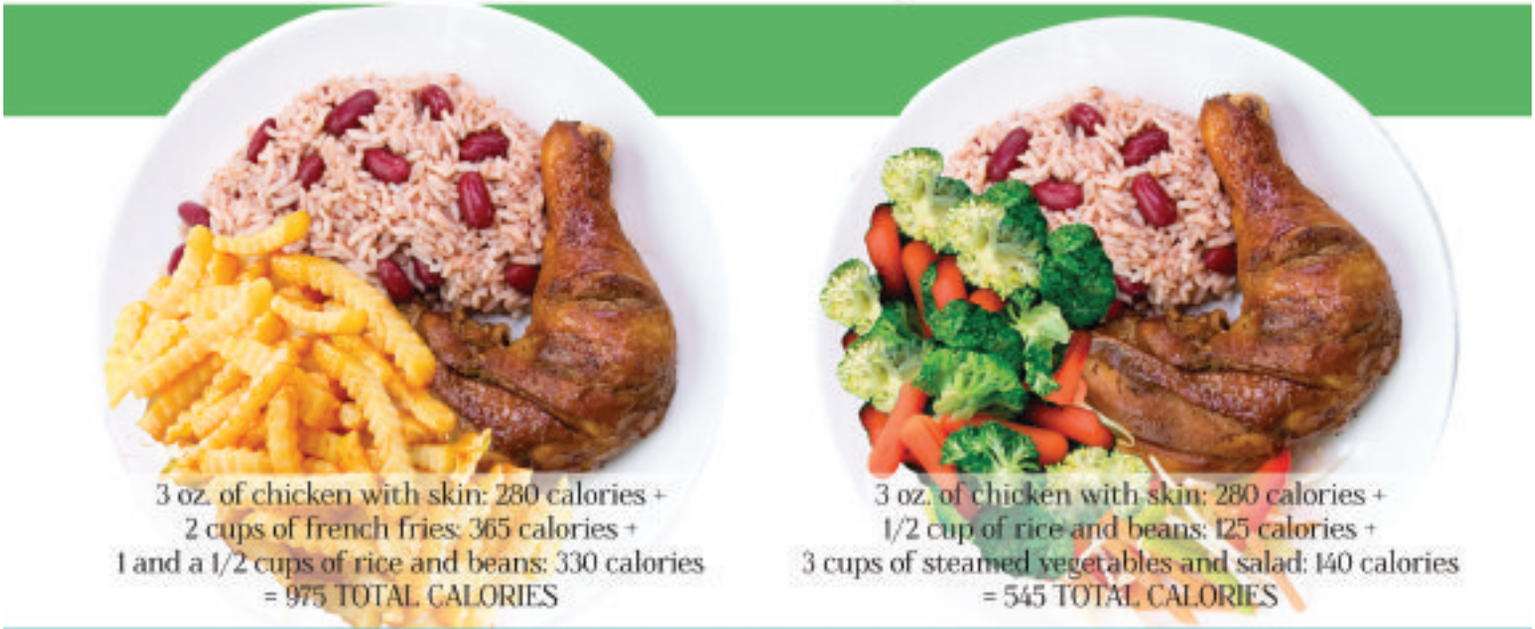
3 Dilute your pasta
The trick: Cut half the calories by adding equal parts veggies and pasta (one cup pasta + one cup veggies) instead of two cups of noodles. The best part about this swap is that you get the same satisfying volume of food, just without all the extra calories. Plus, the veggies pump up the nutrients in addition to bulking up your meal.
The result: Do this three times a week and drop two pounds by the end of summer.

4 Sip skinny
The trick: Nix calorific soda, sugary iced tea, lemonade and straight fruit juice. Instead, mix one shot of fruit juice into naturally flavored seltzer. Look for flavor-infused sparkling water in your grocery store and grab your favorite 100 percent juice. Adding 2 ounces of juice to 16 ounces of bubbly water is just 30 calories, compared to the 200 calories found in just straight juice. You get the same fizzy texture without the empty calories.
The result: Make this swap twice a day and drop three pounds by the end of summer.

5 Make your own fro-yo
The trick: Instead of splurging on a medium frozen yogurt with two toppings (like granola & chocolate chips) every afternoon or evening, try sticking a non-fat, flavored yogurt in the freezer for 15 minutes (no longer or it gets too hard). Simply top your homemade fro-yo with a tablespoon of chocolate chips and dig in for a fraction of the calories.
The result: Do this every day and lose seven pounds by the end of summer.

For more weight-loss tricks, visit joybauer.com and follow Joy on Twitter (@joybauer), Facebook (facebook.com/JoyLBauer) and Pinterest (pinterest.com/joybauerhealth).

A small change at dinner can go a long way to a healthier you.



3 oz. of chicken with skin: 280 calories +
2 cups of french fries: 365 calories +
1 and a 1/2 cups of rice and beans: 330 calories
= 975 TOTAL CALORIES

3 oz. of chicken with skin: 280 calories +
1/2 cup of rice and beans: 125 calories +
3 cups of steamed vegetables and salad: 140 calories
= 545 TOTAL CALORIES

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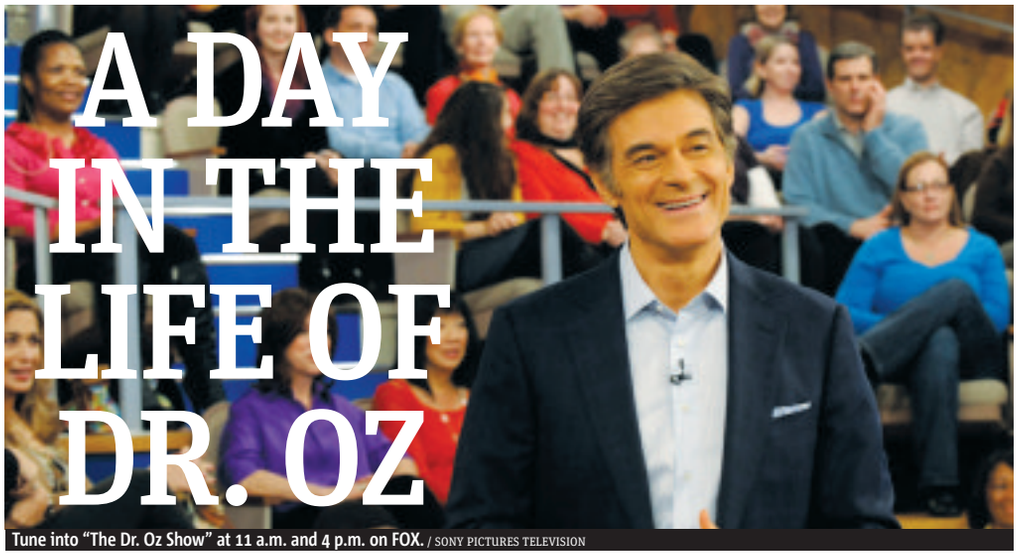

A DAY IN THE LIFE OF DR. OZ

Tune into "The Dr. Oz Show" at 11 a.m. and 4 p.m. on FOX. / SONY PICTURES TELEVISION

Think you're busy? Get a load of how the TV host (and still-practicing surgeon!) spends his days.

In addition to hosting his Emmy-winning eponymous talk show, overseeing a nonprofit and readying to launch a magazine with Hearst, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children, three of whom are in school. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to 6," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a little bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like 5 of 7 because at 7 o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting: "We troubleshoot [and make any] last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.

8:30 a.m.: Rehearsal
"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch
Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa,

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Always in his bag: nuts

Hazelnuts and cashews are his standbys, he says. "I go through them pretty quickly."

made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings
Dr. Oz's life may sound glamorous, but he's still got to attend meetings just like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches; prep for upcoming shows
After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "[What] people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story."

He also meets with his producers about the coming week's shows.

7 p.m.: Dinner
Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz?

"She makes a great pasta [with] different kinds of pesto sauces, arrabiata sauces — she's really good at making that stuff come alive. She will cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows
"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else 'til 10 o'clock at night, I don't find that I'm as rested the following morning."

Instead, like a student studying for exams, the doctor readies himself for his next day's shows. "When I get home at night, I have all the scripts, so I'll go through those, and I'll study my medical notes," Dr. Oz tells us. He cops to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize [the material]," he says. "I try to understand it."

10:15 p.m.: Lights out
"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. … The No. 1 biggest mistake we make in America is not sleeping, by far."

MEREDITH ENGEL
meredith.engel@metro.us

More on Mehmet

What about his other job?
With such a hectic schedule, it's easy to forget that Dr. Oz is also a practicing surgeon. How he makes it all work: He doesn't tape on Thursdays, instead spending the day at Columbia University Medical Center. Also, during the summer, his TV show doesn't tape, so he can work more at the hospital.

While there, he does grand rounds, where he trains younger doctors, and also meets with new patients and does surgeries. And just because he's Dr. Oz doesn't mean you have to wait years to get an appointment: "It's busy, but people get in," he says. "You have to wait a couple weeks, but it's not months and months."

Weekends in the Oz house
"I rarely leave my house on weekends," says the doctor, who calls himself a "complete hermit." "I just love, for roughly 48 hours, decompressing completely with no real worldly concerns, because during the week you're going full speed all the time." On his agenda? Sports ("I play a lot of basketball and tennis"), outdoorsy activities and movies with the family. And though Dr. Oz rarely drinks alcohol during the week, he does enjoy tequila on the weekends.

His parenting style
"I've always found that if I make it easy for them to do the right thing, they'll do it. So instead of saying 'Don't eat that candy,' I just don't bring any candy in the house. If they happen to bring candy from a friend, then they should eat it. I'm not gonna confiscate it and throw it away. Let them eat it and then move on."

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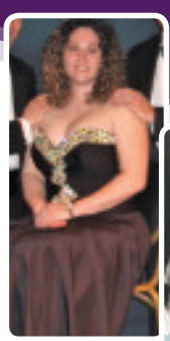
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Horoscope

♋ Cancer | June 21-July 22. Your enthusiasm is likely to be contagious when associates witness your zest for life.

♌ Leo | July 23-Aug. 22. Interesting events could generate additional earnings or income for you. You'll drum up some new ways to acquire business.

♍ Virgo | Aug. 23-Sept. 22. What makes you such a good salesperson is that you won't sell anything that you don't believe in. Your prospects will admire your credibility.

♎ Libra | Sept. 23-Oct. 22. Don't be afraid to allow your generosity to prevail over your practicality.

♏ Scorpio | Oct. 23-Nov. 21. Even though you are likely to feel a strong need for companionship, be very careful about whom you choose to spend time with.

♐ Sagittarius | Nov. 22-Dec. 21. If your goals seem easy to achieve, it will be because you haven't been motivated by selfish urges. Things always seem easier when we like what we're doing.

♑ Capricorn | Dec. 22-Jan 20. You might be able to put something you recently learned to good use. It could have to do with maintaining a relationship.

♒ Aquarius | Jan. 21-Feb 18. It might take a second or even a third effort to achieve an important career objective, but it will be well worth it.

♓ Pisces | Feb. 19-March 20. Your appreciation for all points of view places you in the role of peacemaker. You'll have plenty of chances to use your gift.

♈ Aries | March 21-April 20. Harmony in the workplace will pay off for everyone involved. Once a positive example is set, everyone will happily follow suit.

♉ Taurus | April 21-May 21. Being the smart person you are, you'll know that the best way to silence a griper is to smother him or her with affection.

♊ Gemini | May 22-June 20. The greater part of your efforts will be directed toward providing more for your family or co-workers.

BERNICE BEDE OSOL

Sudoku: Easy and hard

8	9				6		1	2
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	6	4		1				9
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6	3		2				5	7

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7				6	4	2		8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Execs
5 Come across as
9 Portended
14 Linoleum measurement
15 Tearful request
16 Avoid capture
17 Plaid garment
18 Woes
19 Get soft
20 Performing (2 wds.)
22 Water or alcohol
24 Form of oxygen
26 DI, twice
27 Pro golfer Amy
30 Sang along (2 wds.)
35 Cultivate
36 Didn't spoil
37 Night attire
38 1040 agcy.
39 To the point
42 Lawn cover?
43 S&L customer
45 Seeger or Sampras
46 The "Rumba King"
48 Closet item
50 Sacred poles
51 Estuary
52 Lived
54 Stiff
58 Like the Cyclops (hyph.)
62 Writer Chaim --
63 Foreign visitors?
65 Broncos do it
66 Bizarre
67 Yield territory
68 French I verb
69 Reliance
70 Door openers
71 Fender nick

Down
1 Hammerhead kin
2 Cheshire Cat, finally
3 Brooks and Ferrer
4 Indelible designs
5 Faucet
6 Ms. DeGeneres
7 Sushi morsel
8 M, to Einstein
9 German capital
10 Noted Hamlet portrayer
11 Trick
12 Hagman co-star
13 Parking-lot mishap
21 Ancient Mexican
23 Leaves unmentioned
25 Bailed out
27 Diva's tunes
28 Type of conifer
29 Kid who rode Diablo
31 Aunt Bee's charge
32 Be evasive
33 Hardhat's support (hyph.)
34 Frog relatives
36 Trouser part
40 Ms. Winfrey
41 Mademoiselle's school
44 Night frights
47 Said
49 Price tag
50 Gets nervous
53 Folk singer — Guthrie
54 Pickle or jam
55 Circuit
56 Bering Sea island
57 Oh, gross!
59 Hairy humanoid
60 Pull down
61 Remnant
64 Doctor's payment

Yesterday's answer

O	H	N	O		D	R	A	B		C	A	I	R	O
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Letters

Don't count chickens until it's all over

Re: 'Afford due process' (Metro, July 8)
To letter writer Kevin Metz, I would say he should follow that same advice. I have followed the trial and there are numerous discrepancies in Zimmerman's various accounts of his very avoidable killing of a teenager armed with a bottle of soda and a bag of Skittles.

Zimmerman in one version of events said Trayvon Martin jumped out at him from some bushes, while in a videotaped accounting of events there are no bushes in the actual area.

KEVIN VALENTINE, VIA EMAIL

Letter writer Kevin Metz apparently hasn't been watching the Zimmerman trial with an open mind himself. Zimmerman has claimed he killed Martin in self-defense, despite the lack of evidence or witnesses that he was ever in danger, plus the mounting evidence that he was the aggressor from the start.

That he's maintained his story is not surprising given the charges against him. To plead otherwise would be to confirm he's at best an irresponsible, trigger-happy idiot, and at worst a murderer. In his shoes, which way would you plead?

JOSEPH CONNELL, VIA EMAIL

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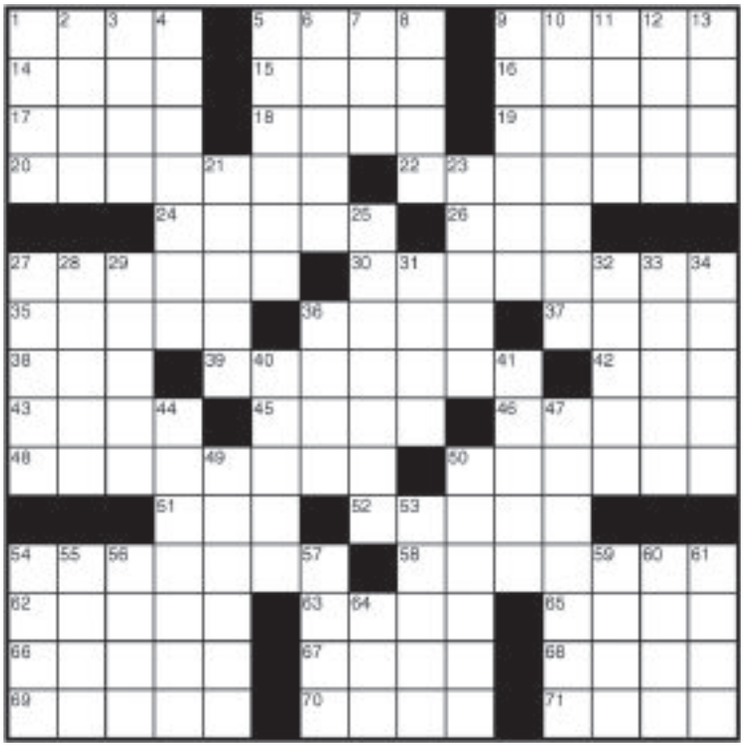

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Niedermayer, Shanahan earn Hall nods

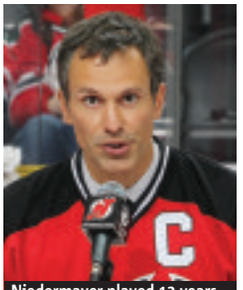
There will be a decidedly New Jersey flavor to the Hockey Hall of Fame's Class of 2013.

Former Devils Scott Niedermayer and Brendan Shanahan were elected to the Hockey Hall of Fame, cochairmen of the Selection Committee Jim Gregory and Pat Quinn announced in Toronto yesterday afternoon.

"I think there's a pride for the New Jersey Devils organization," Devils team president and general manager Lou Lamoriello told Metro New York in a phone conversation.

Niedermayer and Shanahan will join Chris Chelios, Canadian female star Geraldine Heaney and legendary coach Fred Shero. The quintet will be formally inducted into the Hall on Nov. 11 in Toronto.

The triumvirate of Chelios, Niedermayer and Shanahan played key roles on a combined 10 Stanley Cup championship-winning teams.

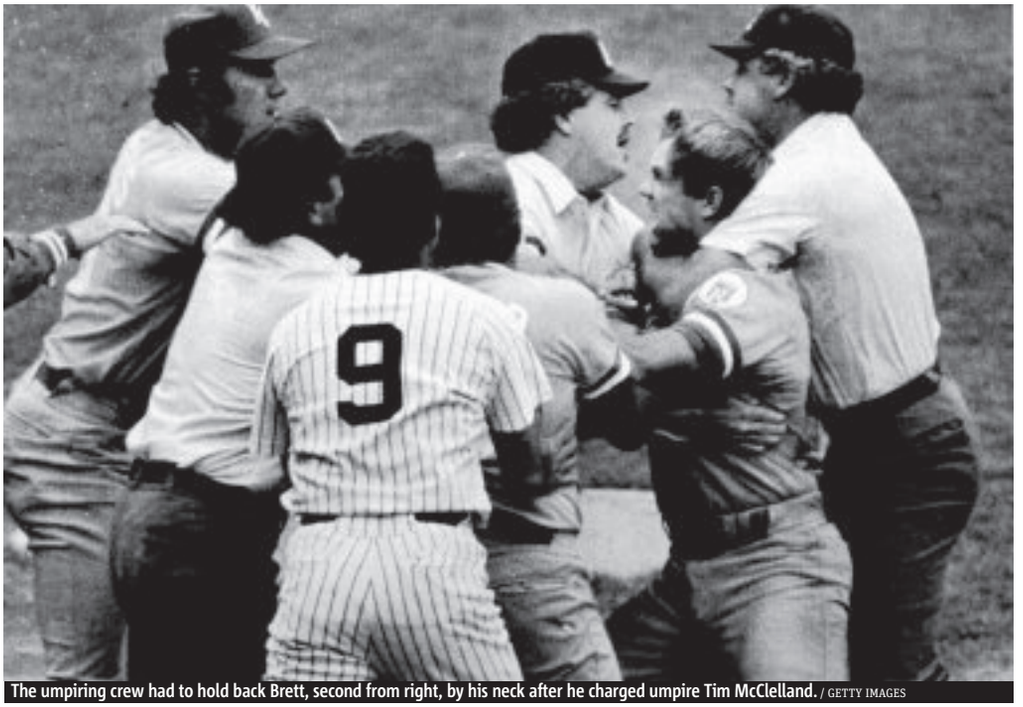


Niedermayer played 13 years with New Jersey. / GETTY IMAGES

"Today was a great day for three great hockey players," Lamoriello said. "What haven't they done?"

Shanahan was Lamoriello's first draft pick as Devils GM in 1987. Lamoriello used the No. 3 overall pick in 1991 on Niedermayer. Shanahan finished with 656 goals, 1,354 points and 2,489 penalty minutes in 1,524 games with the Devils, Rangers, Blues, Whalers and Detroit Red Wings in a 21-year career that saw him become the pre-eminent power forward of his generation. He won Cups in 1997, 1998 and 2002 with the Red Wings.

"World class people, world class players," said Lamoriello. **DENIS GORMAN**



The umpiring crew had to hold back Brett, second from right, by his neck after he charged umpire Tim McClelland. / GETTY IMAGES

George Brett on 30 years of 'pine tar'

MLB. The Royals legend is back in the Bronx three decades after the infamous game.

George Brett nearly hit .400 in 1980 for a pennant-winning team, reached 3,000 hits and is a Hall of Famer.

Yet the one thing he gets the most notoriety for — whether on the golf course or with minor leaguers in spring training — is the infamous "Pine Tar Game," which took place on July 24, 1983, at Yankee Stadium.

"Pretty much whenever I'm playing golf," Brett said. "They always want to check my club for pine tar. If I'm playing with strangers or in a pro-am or some kind of celebrity tournament, the gallery at every hole brings it up. It's kind of funny the first couple of holes, but then after a while it gets old."

Now the hitting coach for the Royals, Brett discussed the events of that day 30 years later during a 20-minute press conference yesterday afternoon.

Quoted

"If there was no controversy, this would be no big deal." Brett

In a game against Billy Martin's Yankees, Brett appeared to hit a two-run, go-ahead home run against Goose Gossage with two outs in the ninth inning.

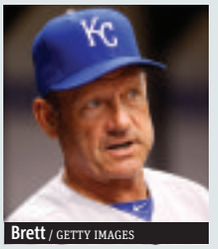
Except in that moment it wasn't.

After Martin demanded the bat be measured for having too much pine tar, Brett charged out of the dugout and went nose-to-nose with umpire Tim McClelland before getting ejected.

"Right after the game I didn't think that much of it, to be honest with you," Brett said. "I thought it was just going to be over with, but it's amazing how much play this one at-bat, or this one hit, has gotten over the years."

LARRY FLEISHER
sports@metro.us

Corked?



Brett / GETTY IMAGES

Brett laughs off incident years later

Initially, George Brett thought he was going to get called out for having a corked bat.

"I think back then there were a lot of guys using corked bats," Brett said. "I know there were a few guys I played with that used them, and at first that's what I was thinking they were going to call me out [for], because I had never heard any rule about excessive pine tar on a bat.

"So when I was sitting in the dugout and somebody said, 'Did you cork your bat?' I'm going, 'I don't need to cork my bat, and I don't know how to cork my bat.'"

The game was resumed a month later and since Brett had been ejected, he watched the final four outs from an Italian restaurant near Newark Airport.

Eventually, Brett became friends with Goose Gossage. During one spring training, Brett was asked by Gossage to donate a bat to his Colorado restaurant.

And of course, it had pine tar on it.

LARRY FLEISHER

3 SPORTS

Metta mania?

World Peace eyes Knicks

Metta World Peace could be released soon, and he's reportedly eyeing the Knicks if that happens. There are rumors the Lakers could amnesty the Artist Formerly Known As Ron Artest, making him a free agent. World Peace is a Queens native and went to St. John's University.

Watch online

Find video and recap of yesterday's Royals-Yankees game at: **Metro.us/sports.**

Brand X

Report: Brand unlikely to sign with Knicks

Brand averaged 7.2 points for Dallas last year. / GETTY IMAGES

The Knicks' first choice for more size in the paint does not appear to share their desire.

According to multiple reports, Elton Brand is not interested in signing with the Knicks as a free agent. It was reported last week that New York was targeting the 34-year-old veteran and Westchester County native.

Due to salary cap constraints, the Knicks could only offer him the mini mid-level or veteran's minimum. There are reportedly interested teams which are willing to offer more money.

Brand essentially would've replaced Kenyon Martin, who may be the team's next choice as an interior defender and rebounder.

The team is seriously lacking in physicality in the post with Marcus Camby replaced by Andrea Bargnani, a 7-footer who averaged less than four rebounds per game last season in Toronto.

METRO

MLB. Matt Harvey dealing with blister, could miss next start

Matt Harvey's next start — and maybe his hopes of an All-Star Game start — could be in jeopardy.

The Mets said yesterday their young ace has been dealing with a blister on his right index finger over his last three starts.

Manager Terry Collins said Harvey may be skipped in his scheduled start on Saturday at Pittsburgh. However, Collins said that was more about preparing Harvey for a possible start in next Tuesday's All-Star Game. Manager Bruce Bochy has yet to name a starter for the game.

The odd claim comes despite Collins admitting the blister has likely caused Harvey's recent location issues. He did not throw a bullpen session between his start on July 3 against Arizona and Monday night's start in San Francisco due to the blister, which Harvey admitted bothered him on certain pitches.

"It kind of started not the last start, but the start before," Harvey told reporters after Monday. "It's no excuse for my poor pitching. And I feel fine with it. I just have to figure some things out and get back out there."

MARK OSBORNE

Neither Matt Harvey nor Terry Collins seemed overly concerned about the pitcher's issue with a blister. / GETTY IMAGES

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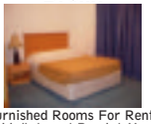

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NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, July 31, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from 600 Metropolitan Corp. to continue to, maintain, and operate an unenclosed sidewalk café at 600 Metropolitan Avenue. in the Borough of Brooklyn for a term of two years.

REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, July 17, 2013 at 2:00 p.m. at 66 John Street, 11th floor, on a petition from PGGS Gourmet, Inc. to continue to, maintain, and operate an unenclosed sidewalk café at 261 Columbus Avenue. in the Borough of Manhattan for a term of two years.

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